

Home learning Booklet Dance Year 8



Task 1- revise the keywords below. Write them out and test yourself.

Challenge- research the dance definitions of the challenge words

Dance Skills Keywords and Definitions

The 5 Basic action-



Jump- the action of rising into the air using the muscles in the legs and feet

Turn- move around an axis or to rotate.

Gesture- the movements we make with our hands to symbolise emotions and activities

Travel- moving from one place to another.

Stillness/balance- when the body is not moving; it is help in a still position.

Formations- where you stand on stage/the shape or position you make on stage

Levels- moving at different heights (high, middle, low)

Dynamics- how the body is moving and relates to the speed, energy and flow of movement (for example fast, slow, smooth, jagged)

Space- where the body is moving, pathway of the body and direction you face.

Motif- Short phrase or move that is often repeated to help tell a story

Challenge Dance Keywords

Unison Canon Precise

Fluent formation Facial Expressions

Stamina Posture Timing

Control Isolation

Solo Duet Trio

Keywords test


Task 2= Watch the video and write two strengths (star) and one improvement (wish) in full sentences and explain why.

Challenge= You must include two skills for each and explain why.

Video link= <https://www.youtube.com/watch?v=038BdfaaVVs>

Name= Swansong Christopher Bruce

Name: _____ Date: _____
Dance video name: _____



The form contains two yellow stars with faces, one above the other, and a magic wand with a yellow star tip and radiating lines, positioned below the stars.

Sentence starters:

- 1) **My partner has used the skill.....to show a confident performance**
- 2) **My partner has performed with energy because they.....**
- 3) **My partner has shown the skill.....to make their performance interesting**
- 4) **My partner needs to work on using the skill.....to ensure their performance is strong**
- 5) **My partner needs to show.....to make their performance stand out**

Skills- 5 basic actions, in time with the music, dynamics, use of space, change of direction, use of formation, use of facial expressions, confidence, controlled energy, commitment.

Task 3= Create an information leaflet for a new dance student. Answers the questions to help you

- Who can Dance?
- Why do we Dance?
- What are the benefits of Dance?
- What skills do we use in Dance?


You must include images, written information and colour

Challenge= Can you write a paragraph about what is a dancer?


Use this keywords map to help you

The 5 Basic Actions examples


Jump




Turn




Travel



Stillness



Gesture



KS3 Dance Keywords Map

Feedback Questions

What went well about their performance and why?

Why did you enjoy their performance?

Have they shown the correct amount of energy? (why is energy important for this style?)

How has their use of formations helped their performance stand out? (can you identify the formations?)

How has their use of dynamics helped their performance stand out? (can you name the dynamics?)

Using the keywords what skills have their shown?

How has their movement helped to tell a story? How did you know what story they were telling?


How do you know they have performed with energy and control?

What could they improve on and why?


If they were to do the performance again what should they include?

Dance Formations


V shape




Circle




Semi-circle



Lines



Group



Term 1 Keywords and Definitions

Jump- any style of jump or leap off the floor

Turn- turning the body around to face another direction.

Travel- moving from one place to another.

Gesture- signals and movement of the hands/arms

Stillness- the body is held in a position for more than 3 seconds

Formation- creating a shape or picture on stage

Dynamics- how you perform a move

Levels- performing a routine at a high, middle or low level.

Timing- performing to the beat of the music

Space- where the body is moving.

Direction- where your body is facing or travelling.

Term 2 Additional Keywords and Definitions

Feedback- when you comment on your own/other people's performances to highlight what was good and what needs to be improved.

WWW- What went well

EBI- even better if

Precise- accurate and careful about detail

Fluent- how smooth and effortless the moves flow together

Facial expressions- using the face to tell a story or a specific mood

Posture- how you stand

Term 3 Additional Keywords and Definitions

Musical Theatre- acting singing and dancing. Telling a story through your moves.

Choreography- the art of creating a dance by link steps together

Relationships- the connections between dancers

Teamwork- working together to achieve the goal

Connect- linking steps together to make a longer sequence.

Choreographic devices:

- **Repetition**- something you perform again the same
- **Contrast**- a sequence that is different/opposite to another
- **Beginning and end**- how you start and end your performance.

Dance Relationships:

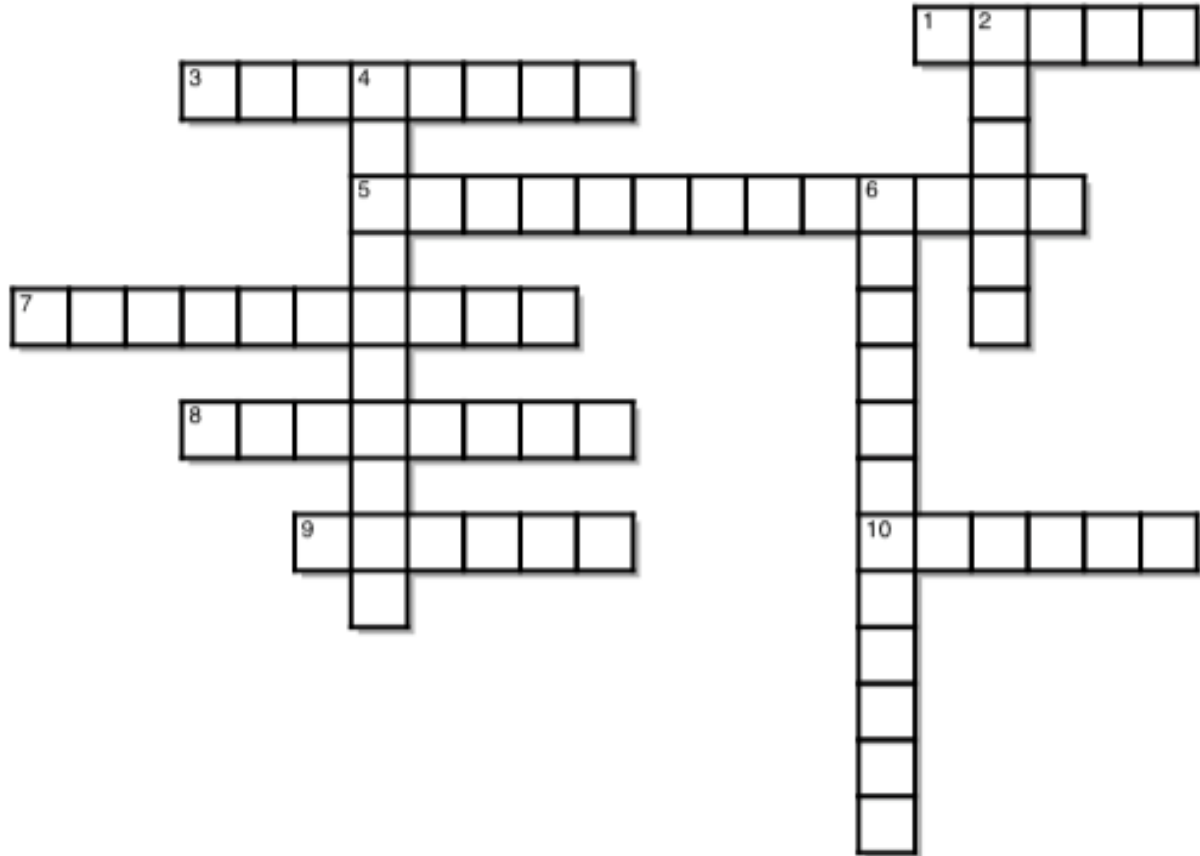
- **Canon**- performing a move one after another
- **Unison**- performing the same movement at the same time

My Dance information leaflet

Task 4= Street Dance crossword

Use the answers in the box below to help you complete the cross word below.

| | | |
|-----------------------|------------------|-----------------------|
| Youth Culture | Isolations | Low centre of gravity |
| Energy | Off- beat rhythm | Sharp |
| Low centre of gravity | Unison | Hip – hop |
| Break dance | Trainers | Attitude |



ACROSS

- 1 A sudden dynamic
- 3 You will need to wear these on your feet
- 5 Emphasising the 'and' count
- 7 A type of dance that involves head spins and balances
- 8 A fierce facial expression or mood
- 9 Another word for liveliness
- 10 All dancers performing the same action at the same time

DOWN

- 2 A type of Street Dance
- 4 Moving one part of the body at a time
- 6 Young peoples interests inspire the style

Task 5= Bollywood Dance
Complete the tasks below

Definitions

Symmetrical= If you can draw a line down the centre of something and get two similar halves, it's symmetrical. Something that is the same on both sides of a centre point or axis.

Asymmetric= Not identical on both sides of a central line

1. Using the Bollywood still images as inspiration, create and draw two pictures in the space below. One of a symmetrical group dance shape and one of an asymmetrical group dance shape.



Symmetrical

Asymmetrical

2. Research different Indian hand gestures select and draw three hasta mudras. Add a label to each hasta mudra to explain one possible meaning.

| | | |
|--|--|--|
| | | |
|--|--|--|

3. Now return to your original diagrams of the asymmetrical and symmetrical positions and label each dancer with a hand gesture. Make sure you use a variety and keep the image symmetrical where appropriate.
4. Finally, design your own intricate henna hand decoration. Draw around your hand and decorate it in an intricate pattern. Use the ideas below to help

